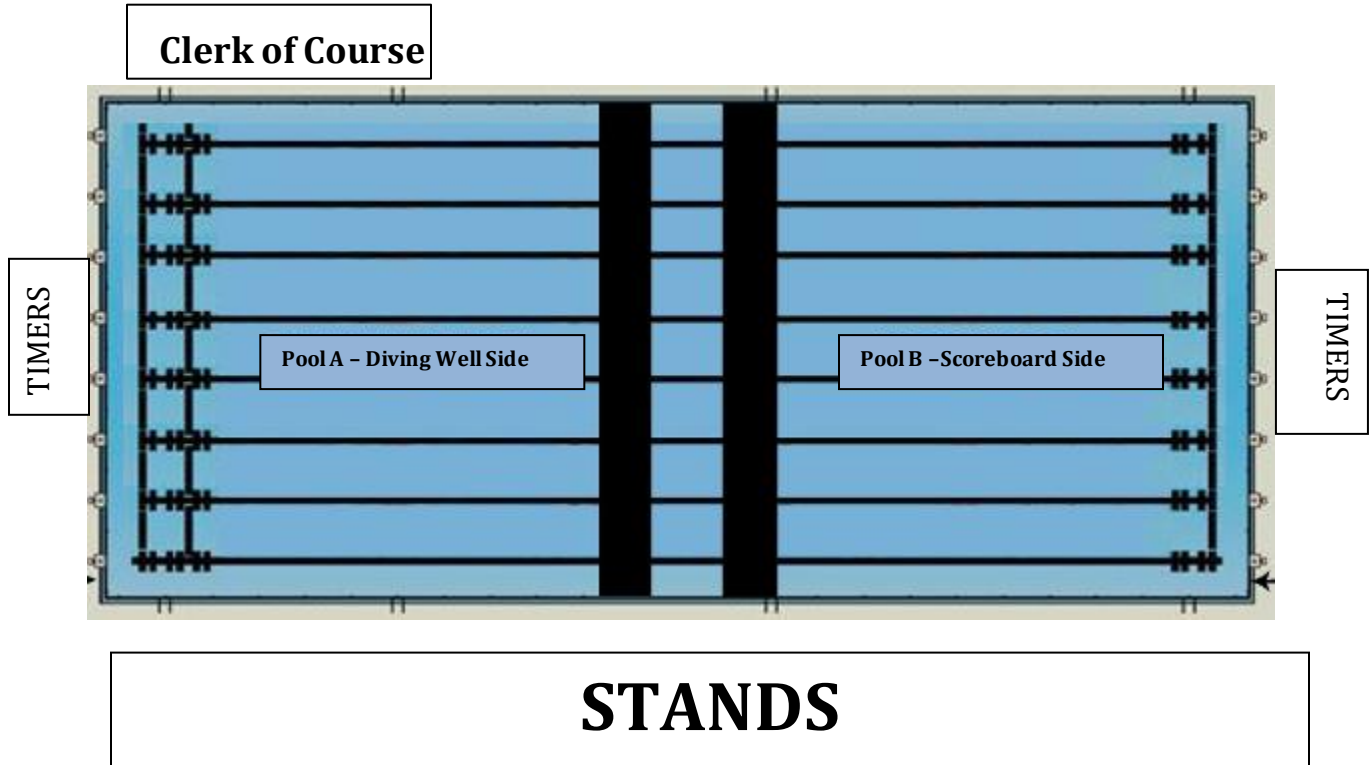


# 2024 GFSL Championship Meet

Greensboro Aquatic Center

Monday, July 15<sup>th</sup>, 2024

There will be 2 pools available for use during our Finals session.



## 10 and under session Held in Pool A

Doors Open - 7:00am

Warmups - 7:45am - 8:45 am

Practice Starts/Dives 8:45 am - 8:55am (any team, any lane)

Session Start - 9:00 am

Approximate Session End - 1:00 pm

8:45 AM - Coaches Meeting - Please send one coach per team (Hospitality Room)

8:30 AM - Stroke Judges Meeting (Hospitality Room)

8:30 AM - Timers Meeting (At the end of the Hallway outside Hospitality Room)

Warm up lane assignments will be sent out to the teams once entries are in.

Warm Up Session 1: 7:45 - 8:05

Warm Up Session 2: 8:05 - 8:25

Warm Up Session 3: 8:25 - 8:45

Block Starts - 8:45 - 8:55

Session Start 9:00

Approximate end: 1:00

## **11 – 18 Age Group Session Held in Pool A and Pool B**

**1:15 – 2:15 Warmups 11 - 18**

**2:15 – 2:25 Practice Block Starts in Pool A and B (Any team any lane)**

**2:00pm – Stroke Judge Meeting – Hospitality Room**

**2:00pm – Timers Meeting – At the end of hallway next to Hospitality Room**

**2:30 pm – Session Start**

**5:45 pm - Approximate Session End**

**Warm Up Session 1: 1:15 - 1:35**

**Warm Up Session 2: 1:35 - 1:55**

**Warm Up Session 3: 1:55 - 2:15**

**Blocks Starts – 2:15 – 2:25**

**Expected Meet end: 5:35PM**

**Whistles will be utilized! Please educate your swimmers on Whistle Definitions to minimize confusion on the blocks between the use of two pools.**

- 4-5 short whistle bursts - swimmers should get ready for their heat to be called
- 1 long whistle sound - swimmers should step up on the block (if doing backstroke, this signals swimmers to enter water feet first)
- A second long whistle will sound for backstrokers in the water for them to place their feet and prepare for “Take Your Mark”

### **Submitting Meet Entry Packet**

**See separate attachment for checklist and instructions.**

Entries must be completed and saved to a flash drive. Coaches should report to Forsyth Country Club on Wednesday, July 10 from 6 - 7PM with their entries file on flash drive, finals fees check, printed entry report, and extra ribbons. Please bring your computer with you in case there are problems with your entry file merging.

### **Eligibility**

All swimmers entered in Finals must have competed in **at least two (2)** GFSL dual meets during the 2024 season. Exhibition swims may count toward meet participation, but such swims must be documented in your dual meet results reports. **City Meet times may NOT be used as entry times, City Meet participation does NOT count toward the two dual meet requirements.**

### **Entry Limits**

Each team may enter **three (3) swimmers per individual event** and **two (2) teams for each relay event**. As in dual meets, each swimmer may be entered in **a maximum of three (3) individual events, one medley relay and one freestyle relay.**

## **Alternates**

A list of alternate swimmers may be **emailed** to the GFSL when entries are due. These alternates will be entered into the meet ONLY if a swimmer entered is unable to attend.

## **Relay Entries**

Relay swimmers' names are to be included in the entry files. The order in which swimmers are listed does not matter; only that the swimmers are listed. **The time listed for a relay must be the best TEAM time swum in the 2024 season. It cannot show "Custom Time."**

## **Entry Fees**

\$10 per athlete entered in the meet. (With a minimum total fee per team of \$150).

## **Entry Times**

Times from any 2024 GFSL dual meet may be used as entry times. Times from other competitions or from time trials, intersquad meets, or mock meets may not be used.

## **Clerk of Course**

Swimmers in the 6 – 10 year old AM session must report to the clerk of course for each race. See other attachment for directions and diagram.

## **Change of Swimmers**

Any change of swimmers must be reported by the coach to the Scorers' Table before the start of the race. Substitutions may only be made if the substituted swimmer is already entered in the meet or has been emailed as an alternate. Changes may be made only in case of illness or injury. Swimmers may not switch events.

## **Finals Remind**

Please sign up for the remind groups to help with communication the day of finals

- League Reps - @gfsllr2024
- COC Group 1 - BBF, NS, OV, PH, SL, SW, SF - @gfslcocg1
- COC Group 2 - BW, CHWK, CW, FCC, OTC, WW, WR - @gfslcocg2
- COC Group 3 - BR, GR, GV, GF, JT, SG, TC - @gfslcocg3
- Coaches - @gfsllch2024

## **Team Parents**

Each team should have 2-3 team parents assigned to sit in the bleachers with the team. These parents should have a list of all swimmers' contact information, so they can get in touch with a swimmer's parents if needed. If necessary, a team parent may stay in the COC with 6 and under swimmers.

## **Timers**

For the 6 - 10 age group AM Session the timers meeting will be at 8:30 at the end of the hallway outside of hospitality. Every team is required to provide 1 timer.

For the 11 - 18 age group PM session the timers meeting will be at 2:00 PM at the end of the hallway outside of hospitality. Every team is required to provide 2 timers - preferably 1 for the girl pool and 1 for the boy pool.

(This will provide us with some extra timers in case a team is unable to fulfill this requirement, and it will allow for substitute timers for a break).

## **Meet Officials**

We will send you an email of eligible meet officials from your team from finals. We need to provide 10 officials for the morning session and 20 officials for the afternoon session (10 at each competition pool). We would like each GFSL team to provide AT LEAST 2 officials (of course if you can provide more, we will take them!) Please ask EARLY which of your eligible officials will be able to help at finals.

## **Scoring**

USA Swimming scoring for sixteen (16) places will be used (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) for individual events, (double for relays). Only the single fastest relay from each club may score points. Medals for 1<sup>st</sup> through 3<sup>rd</sup> place will be awarded. Ribbons for 4<sup>th</sup> through 12<sup>th</sup> place will be awarded.

## **Team Awards**

Plaques will be awarded for the winner of each session as well as an overall team champion. In addition, GFSL will award a high point winner plaque to one team in each of three divisions. These divisions will be based on this year's schedule.

Whale Division	Otter Division	Seahorse Division
Brookberry Farm	Brookwood	Bermuda Run
New Sherwood	Chadwyck	Glenridge
Oak Valley	Clemmons West	Grandview
Peace Haven	Forsyth Country Club	Greenbrier Farms
Shallowford Lakes	Old Town Club	Jonestown
Sherwood	Westwood	Salem Glen
Waterford	Willow Run	Town and Country

## **Heat Sheets**

GFSL will send out a digital pdf of the heat sheet to each team. Teams will pay for the heat sheets based on their division.

Whale division - \$200

Otter division - \$150

Seahorse division - \$100

There will also be a QR code available for a digital download of the heat sheet at the GAC.